



## Rise and Shine

*By Katie McElveen*

One of the best things about a vacation is having time to indulge in breakfast. In South Carolina, that means not just pancakes, bacon, eggs and other favorites, but Southern specialties like fresh shrimp over creamy grits, fluffy biscuits topped with sausage gravy and banana bread pudding.

Whether you're craving a plate-sized omelet or just a piping-hot muffin and a cup of steaming coffee, you'll get your day off to a delicious start at any of these morning glories, all located in Hilton Head Island.



### Signe's Heaven Bound Bakery & Café



Since 1972, locals and visitors alike have flocked to this non-descript building just off Sea Pines Circle for Signe Gardo's famous oven-baked, deep-dish French toast, which resembles bread pudding, only better. Rachael Ray is a fan of the blackberry, but the blueberry version is a winner, too. Not into sweets? Try a frittata, an Italian open-faced omelet, which is another of Signe's specialties, or stick with bacon and eggs. Best of all, no matter how late you sleep in, you can still have breakfast at Signe's—she serves it long into the afternoon. 843-785-9118

### Harbour Town Bakery and Café



Tucked into a grove of centuries-old live oak trees just steps from Harbour Town's shops and restaurants, Harbour Town Bakery & Café serves wonderful homemade muffins and pastries, hot breakfasts and gourmet coffee drinks. A favorite of families (it's next to a playground), the bakery's wooden plank floors, cozy front porch and casual atmosphere give it lots of old-fashioned charm. 843-363-2021

### Kenny B's French Quarter Café



Every weekend, Kenny B's brunch buffet with its light-as-a-feather beignets, shrimp Creole, bananas foster French toast, chicory-infused coffee and crawfish omelets brings a taste of New Orleans to the breakfast table. A serious University of Georgia fan, Kenny has crammed every available space with Bulldog memorabilia and even dresses his own bulldog Bubba Doo in a UGA T-shirt to greet customers. 843-785-3315

### Skillets



They are known for their layered, breakfast extravaganzas served up in signature skillets. One favorite is "The Beach"—fried potatoes, chopped bacon, diced ham, onions and mushrooms under a blanket of sausage gravy and topped with two poached eggs. Skillets also serves crepes, omelets, French toast, pancakes and even cereal. Bright, cheerful and family friendly, the restaurant welcomes pets on its large porch. 843-785-3131

### Palmetto Bay Sunrise Café



Bring the dog, grab a seat on the porch, and indulge in chef/owner "Stew" Stewart's creations that include all types of eggs Benedict (like crab cake, filet mignon or avocado, all topped with homemade Hollandaise), shrimp hash and even frogs legs. Tradition-minded diners can order pancakes, eggs any way with crispy hash browns or grits and, if it's cold (which it can be when the restaurant opens at 6am), a blanket to ward off the chill until your coffee can warm you up. On New Year's morning, join the wait staff and wear your jammies to breakfast. 843-686-3232 🐾